

# GCSE PE Examination Revision

(Paper 2)

# How to Revise

## Revision techniques

- **Revision pages** – split your page into 4 and use this to write key notes about paper 2 areas. We also have ones for you to fill in

<b>Guidance</b>	<b>Feedback</b>
<b>Skill classification</b>	<b>Mental Rehearsal</b>

## Dual coding/Acronyms

- Justin Bieber Punches Muggy Mike (functions of the skeletal system.
- Pictures to help memory
- Boa Constrictor – tightens –
- Vasoconstriction, reduces blood



## Intervention booklets

- Pages in intervention booklets – exam style questions with answers.

## Past Papers

- Past papers are available in B013 for you to take home and do. Then I can give you the mark scheme. I can also mark them with you or for you to show you where the mistakes are made.

## Mark schemes

- A01 – Knowledge - facts
- A02 – Linking to question
- A03 – Applying/ evaluating based on question
  
- 9 marker = 3 A01, 3 A02 and 3 A03
  
- PEA – POINT, EXPLAIN, APPLY/ANALYSE
  
- PEP – POINT, EXPLAIN, PROVE



- 3 types of health?
- Lifestyle choices
- Diet and energy
- Optimum weight

- Classification of skills
- Types of practice
- Guidance & Feedback
- Goal setting
- Mental rehearsal/preparation

- Influences on participation. Socio-economic etc
- Commercialisation
- Sporting behaviour

# Revision Content



# Use of goal setting and **SMART** targets

Goal setting motivates performers... 4 types of goals what are they?



- 1.) Short term
- 2.) Long term
- 3.) Outcome
- 4.) Performance



# Use of goal setting and SMART targets

## Short term goals:

This can be a small step or progression.

*e.g. To achieve a qualifying time for a competition.*

## Long term goals:

This has the future in mind.

*e.g. Swimming for the national team or beating a long standing rival.*



# Use of goal setting and SMART targets

## Outcome Goal:

Linked to an end result

*i.e. Winning a competition*



## Performance goal:

Concerned with previous bests.

*i.e. To swim a new personal best*



# Use of goal setting and SMART targets

When setting goals athletes should apply the SMART principle.

**S**

Specific – targets must to the point.

**M**

Measureable – can it be measured and compared.

**A**

Achievable – the target must be challenging but yet reachable.

**R**

Realistic – matched to the performers skill level.

**T**

Time bound – Set for a particular time to be completed .



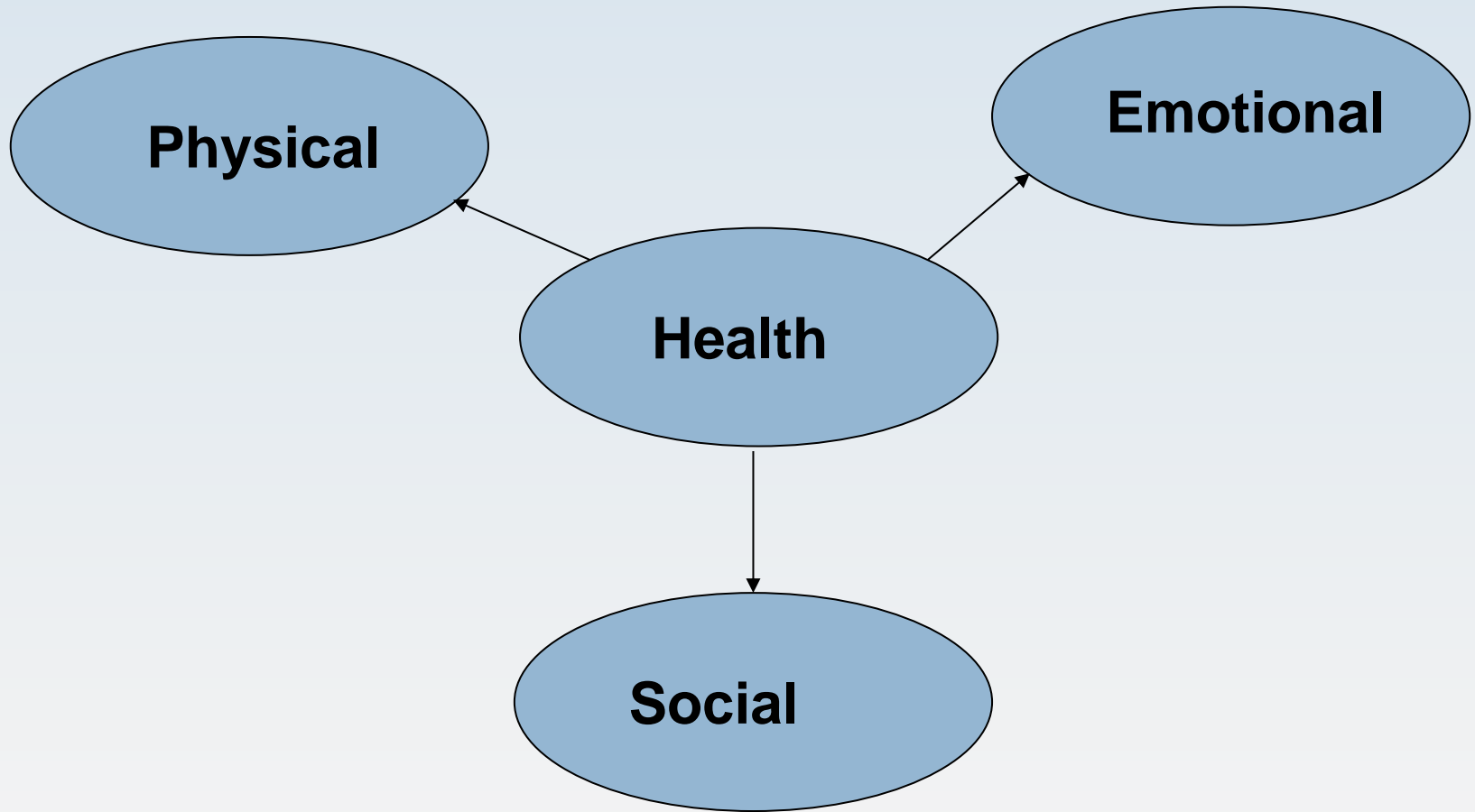
# Topic: HEALTH



**There are 3 types of health... what are they?**



# Topic: HEALTH



# Physical health



**Physical health** can be achieved through:

Improving specific  
**components of fitness.**  
*i.e. agility*

Exercise as it can help  
improve the **efficiency of  
heart and lungs.**  
*i.e. cardiovascular fitness*

Physical activity will help  
individuals to **lose weight.**  
Exercise will burn up stored  
fat.

Research has shown a **greater  
life expectancy** for those who  
participate in regular physical  
activity.



# Emotional (mental) health

Exercise also improves your **mental well-being**.

'feel good factor'.

relieve stress

Exercise will provide a **mental challenge**.

Sport can be fun and provide **enjoyment** to the performer.





# Social health

**Social health** may be achieved through:

Sports teams and clubs are a great place to **make friends** - team mates, opponents and other club members.

**social skills & develop friendships.**

Physical activity can improve **teamwork skills** as well as developing communication and **leadership qualities.**



# OPTIMUM WEIGHT

Every person has an **optimum weight**. This depends on a number of factors... what are they?

- Height
- Gender
- Bone structure
- Muscle girth (size)



Some athletes need to maintain their weight carefully and as such will pay close attention to their dietary intake. **For example??**

*i.e. boxers and jockeys*



# Energy, diet and hydration

The **energy requirements** for physical activity can differ dependant on many factors.

- **Exercise/intensity level** - The higher the exercise intensity the more energy needed.
- **Age** – Younger individuals need more energy than older adults.
- **Gender** – Women tend to need less energy intake than men.



# SEDENTARY LIFESTYLE



# What are the 3 weight issues caused by a sedentary lifestyle?



**1.) Overweight** - A person who is significantly heavier than their optimum weight is classed as overweight.

**Ext: Why is being classed as overweight not always dangerous?**





Having excess weight to normal may be in the form of muscle mass.

Muscle weighs more than fat.





**2.) Overfat** – This is where an individual has an abnormally large percentage of body fat”



# A sedentary lifestyle

**3.) Obese – This is when individual's are extremely overfat.**





# A sedentary lifestyle

Overweight, overfat and obese states are all linked to additional **long term health consequences**.



## This includes:

- High blood pressure
- Strokes
- Heart attacks/disease
- Diabetes



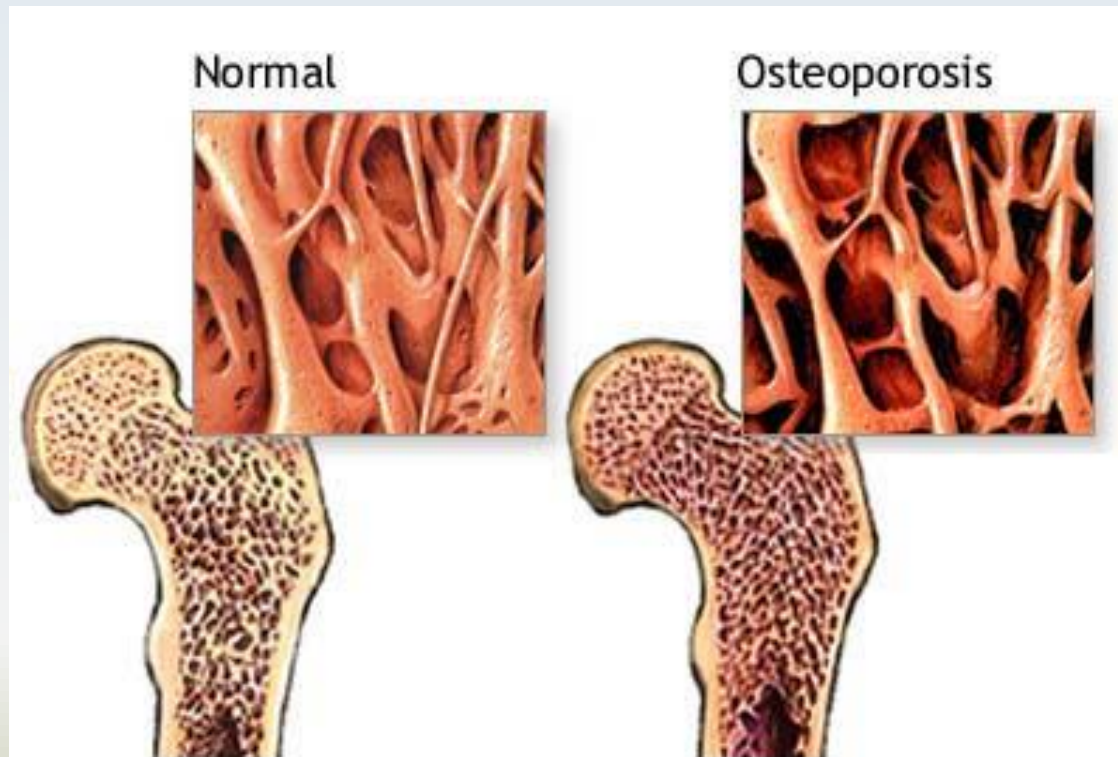
**Apart from your weight what other things can a sedentary lifestyle effect?**



# A sedentary lifestyle

Further consequences of a poor lifestyle are listed below:

**1. Increased risk of osteoporosis** - This is a condition where the bones particularly those of the spine, wrist and hips - become thin and weak, and break easily.



watch



# A sedentary lifestyle

**2. Poor muscle tone/posture** - Muscle tone refers to when muscles are in a state of slight tension and are ready for action. **Regular training tones muscles and helps to create good posture.**



**Extension:**

**It also helps to prevent injury as good posture reduces the strain on muscles, tendons and ligaments.**



# A sedentary lifestyle

**3. Impact on components of fitness** – a sedentary lifestyle will affect the components of fitness required for performance.

**Muscles will reduce in size and elements such as power, speed and cardiovascular fitness will drop.**



# Participation rates in physical activity

Personal influences:

**G-A-S-E-D.**

What does it stand for?



# Participation rates in physical activity

There are 5 influencing personal factors that may affect participation rate in physical activity. These are listed below:

1. Gender
2. Age
3. Socio-economic group
4. Ethnicity
5. Disability



**Think. Pair. Share – What does each of the factors above mean?**



# Participation rates in physical activity

## Gender:

Males and females are both encouraged to take part in sport. Some sports still have more opportunities for either girls or boys.



**Think. Pair. Share – What are some of the barriers to females playing sport?**





# Participation rates in physical activity

Women's opportunities at elite level are growing all the time. With an increase in the women's sport profile, sponsorship and financial gain is becoming more readily available.



**Think. Pair. Share – Which women's sports have seen an increase in coverage?**



# Participation rates in physical activity

## Gender:

There are number of barriers to women playing sport including:

- Male dominated culture of sport
- Funding
- Body image
- Invisibility in media & lack of role models



# Participation rates in physical activity

## Age:

Age can put limits on what sport an individual may take up. Depending on the size of the club they may have a team at each age group. (i.e. U8's, U10's)

Some competitive events have an age restriction.

***i.e. To run the London Marathon you must be 18.***



# Participation rates in physical activity

## Socio-economic status:

The amount of money people earn and their occupation will influence what sport they choose to participate in.

Lower paid people tend to not be able to afford sports that require expensive equipment.

*i.e. Cricket, Golf and Tennis -*



The cost associated to the hire of facilities, lessons, equipment & footwear will greatly affect participation.



# Participation rates in physical activity

## Ethnicity:

The number of both black and minority ethnic and white British adults playing sport is increasing. Taking up a sport or activity may be influenced by ethnic background. *i.e. Cricket is very popular among Asian countries.*



**Think. Pair. Share – Why are there are less black tennis players/golfers than footballers?**



# Participation rates in physical activity

## Disability:

Sport is encouraged to all regardless of disability. They often compete against similar groups or can be mixed with able-bodied.



# Mental preparation for performance

Another method of preparation is through a technique called **Mental Rehearsal**.

Mental rehearsal involves the athlete **imagining themselves** in an environment performing a specific activity using all of their senses.

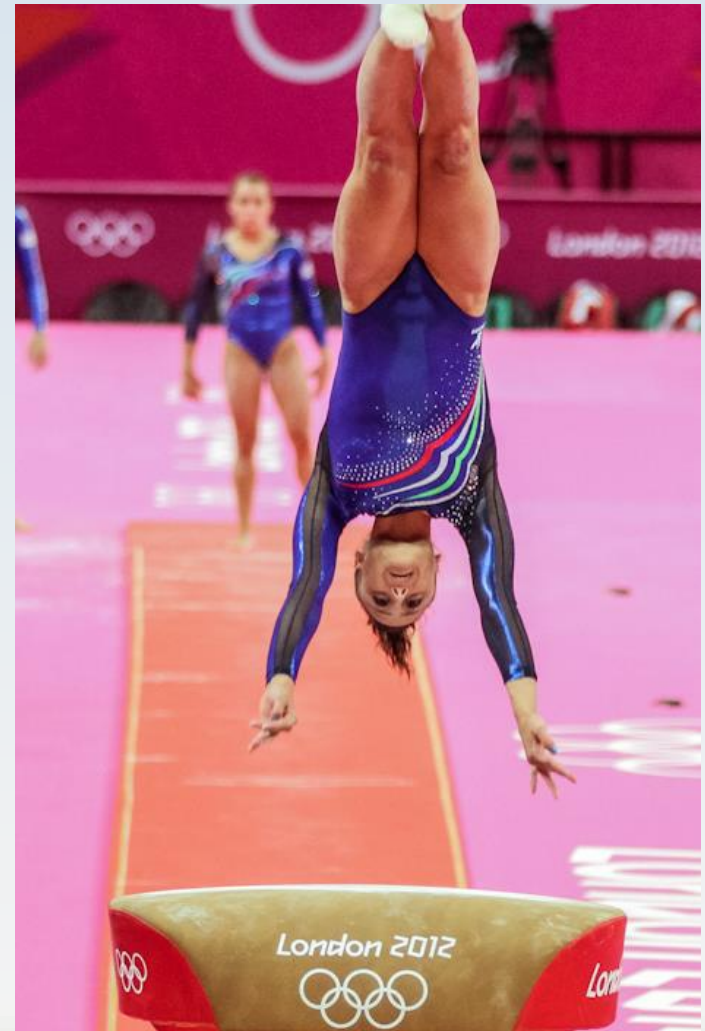
The images should have the **athlete performing successfully**.



# Mental preparation for performance

## Mental Rehearsal can be used to:

- Familiarise the athlete with a competition site.
- Motivate the athlete by recalling images of their goals or of success in a past competition.
- Perfect skills or skill sequences the athlete is learning or refining
- Reduce negative thoughts by focusing on positive outcomes





Sports pyramid of participation



# SPORT AND THE MEDIA



## COMMERCIALISATION

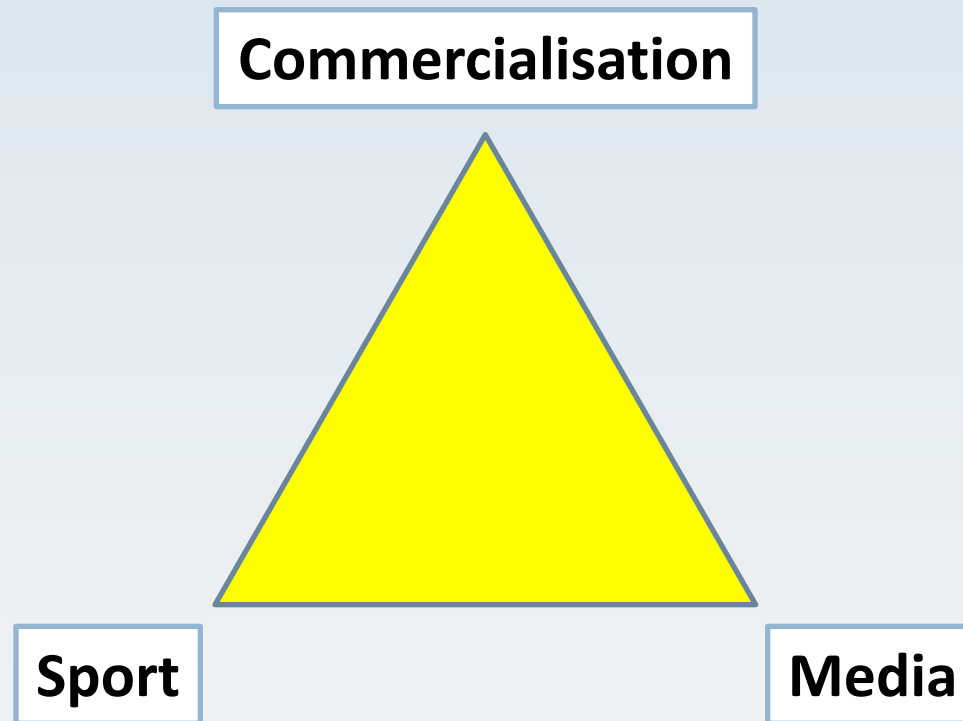


Since 2017 season Premier League has ditched the Title sponsorship and instead focus on multiple partners for sponsorship. Now they have titles like Official Banking partner (Barclays), Official Beer Partner, Official Watch etc. But there is no title sponsor anymore



# Commercialisation of sport

Sport, media and commercialisation are closely linked in a what is known as a 'GOLDEN TRIANGLE'



# Who gets affected by commercialisation?

**S – S – S – P**

**Sponsorships**

**Sport**

**Spectators**

**Performers**



# Commercialisation of sport

Each side of the triangle benefits from the other sides in some way...



**Sport uses media to gain viewers and businesses pay money to access a sports audience.**



# Impacts of commercialisation on Sponsorship

**(+) Sport can offer an excellent opportunity for the sponsor to promote a product/service to a widespread audience.**

**(-) Some sponsors are not suitable to be promoted within sport. *i.e. tobacco or alcohol.***

**(-) Poor behaviour from athletes/ clubs can cause negative press.**



# Impacts of commercialisation on **SPORT**

**(+) Raises the profile and funding of the sport due to increased exposure e.g.adverts.**

**(-) Commercialisation tends to support the popular sports leaving the 'lesser' sports to lose out.**



# Impacts of commercialisation on Spectators

**(+) Offers a wider choice of sports available to watch.**

**(-) Encourages spectating not participating and can become very expensive for fans/spectators.**

**What lifestyle could this lead to?**





# Impacts of commercialisation on performers

(+) Allows athletes to earn income as a full time job and can lead to additional roles post playing career within the sport.

(-) Generally, favours male over female and able bodied over disabled.



# Macronutrients

**Fats** – These are **also used for energy**, but only when stores of carbohydrate run low. Fat provides very **slowly released energy**.

This is important for **endurance activities**. The longer you work the more fat is used.



# Hydration during and after exercise

**During the event:** Any prolonged exercise reduces water levels in the body. Regular water intake will prevent dehydration



**After the event:** An athlete will continue to drink fluids to replace the water lost.

## **Extension:**

Low water levels will result in a **decrease in performance.**



# Dehydration during exercise

Q.) Can you think of any dangers of this in relation to sporting activity?



# Dietary intake and performance

What an athlete eats in the run up to an event can greatly affect performance.



What would a runner have to consume in their diet before a marathon?

**Carbohydrates**



# Where does our blood travel to when we...?



# Redistribution of blood during exercise (Blood Shunting)



When we eat, our blood flows to the digestive system to work our organs there to help digest the food.



# Redistribution of blood during exercise (Blood Shunting)

When exercising, the distribution (flow) of blood will change and go to the working muscles.

Extension: Why?





# Redistribution of blood during exercise (Blood Shunting)

This is why an exercise session should not start until at least 2-3 hours after a meal.



*With this knowledge, discuss with the person next to you what might happen if you ate too close to exercising?*



# Classification of skills

How many classifications can you name?

Open – Closed

Simple – Complex

Low organised – High organised



# Skill Classification – Open/Closed

An **open skill** is one that is affected by the sporting environment. The performer has to make **decisions** in response to their surroundings.



OPEN

A **closed skill** involves less decision making because it has a **predictable environment**. The performer can **take their time** to execute the skill.



CLOSED



# Skill Classification – Organisation

A **low organised skill** can be broken down into **parts, or subroutines.**

A **highly organised skill** is hard to break down since it is **fast** in its execution.



↑  
LOW ORGANISED



↑  
HIGH ORGANISED



# Skill Classification – Basic/Simple & Complex

A **complex skill** involves a high level of **decision making** and has a **large cognitive or thinking element** to it.

**Simple skills** have a limited amount of information to process. The skill has a **smaller cognitive element**.



↑  
COMPLEX

↑  
BASIC/SIMPLE



# Which classification and why?



**1.) Triple jump**



**2.) Piked somersault**



**3.) Relay race**



**We need to know which practice structure goes with which type of skill...**

**What are they 4 types of practice?**

**Massed practice**

**Distributed practice:**

**Fixed practice:**

**Varied practice:**



# Practice structures

## Massed practice

Massed practice is when **no rest intervals** are given between each component of the training session.

It is used when a coach wants to promote a high level of fitness.

**Skills:**

**Simple, closed,  
low organised**





# Practice structures

## Distributed practice:



**Skills:**

**Complex, open,  
high organised**

Distributed practice is when a rest interval is given to allow recuperation.

Feedback, coaching and advice on technique can be given during the interval.

**BEGINNER**



## Massed practice



### **Skills:**

**Simple, closed,  
low organised**

## **V's**

## Distributed practice:



### **Skills:**

**Complex, open,  
high organised**



# Practice structures

## Fixed practice:

Fixed practice uses repetition of the same activity to promote over-learning.



**Skills: closed,  
simple**



# Practice structures

## **Varied practice:**



**Skills: open,  
complex**

Varied practice involves using different methods to achieve a learning goal, or performing a task in different situations.



## **Fixed practice:**



**Skills: closed,  
simple**

**V's**

## **Varied practice:**



**Skills: open,  
complex**



# Types of guidance

When learning any new skills different forms of guidance are required. Coaches and teachers normally give this support.

- **Visual**
- **Verbal**
- **Manual**
- **Mechanical**



# Types of guidance

## Manual guidance:

This method is used when the skills learnt are dangerous or are complex.





Teachers will use a 'hands on' approach to ensure safety. *i.e. Trampolining somersault support.*



# Types of guidance

Advantages and disadvantage of Manual guidance:

Advantages	Disadvantages
<ul style="list-style-type: none"><li>• Builds confidence.</li><li>• Eliminates danger.</li><li>• Gives a feel for whole skill.</li></ul> 	<ul style="list-style-type: none"><li>• Learner becomes dependent on support.</li><li>• Proximity of coach may be uncomfortable</li></ul> 





# Types of guidance

## Mechanical guidance:

Mechanical guidance involves the use of equipment to help support the learner whilst practicing the skill.





*i.e. The use of floats in swimming help learners to develop leg kicking action in the water.*



# Types of guidance

Advantages and disadvantage of mechanical guidance:

Advantages	Disadvantages
<ul style="list-style-type: none"><li data-bbox="164 496 826 696">• Promotes confidence and ensures safety for the learner</li></ul> 	<ul style="list-style-type: none"><li data-bbox="1025 496 1779 629">• Learner can become dependent on equipment</li><li data-bbox="1025 725 1789 1005">• The feel of the movement with the guidance is different to the actual movement.</li></ul> 



# 4 types of feedback....



# Types of feedback

**confidence and motivation** for the performer.



**\* correcting errors and improving performance \***



# Types of feedback

**Extrinsic**

**Intrinsic**

**Concurrent**

**Terminal**





# Types of feedback

## Intrinsic feedback:

This type of feedback happens **within** the performer from their **kinaesthetic senses** - feelings from muscles, joints and balance.

### **Extension:**

Accurately performed technique give internal feelings of satisfaction and confidence.



**Think. Pair. Share - How many different sporting examples can you think of where intrinsic feedback happens?**



# Types of feedback

## Extrinsic feedback:

This feedback comes from results and match analysis. There are 2 lines of extrinsic feedback:

1. Knowledge **of results** – the outcome
2. Knowledge **of performance** – how well the performer played.

Extension: The following are all examples of extrinsic feedback:

- **Watching a performance back from video**
- **Listening to a coaches comments**
- **Final score in a game**





# Types of feedback

**Concurrent feedback** - information provided to the athlete during the performance.



# Types of feedback

**Terminal feedback** - information provided to the athlete before or after the performance.



## Paper 2

# Lifestyle choices

## The effects of alcohol and smoking



Healthy Liver



Unhealthy Liver



Depicts a liver with Cirrhosis which is a serious liver disease commonly caused by alcohol abuse.

**What type of drug do alcohol and smoking come under??**

## **Recreational Drugs**

- 1.) They are ADDICTIVE
- 2.) They DAMAGE health

## Alcohol

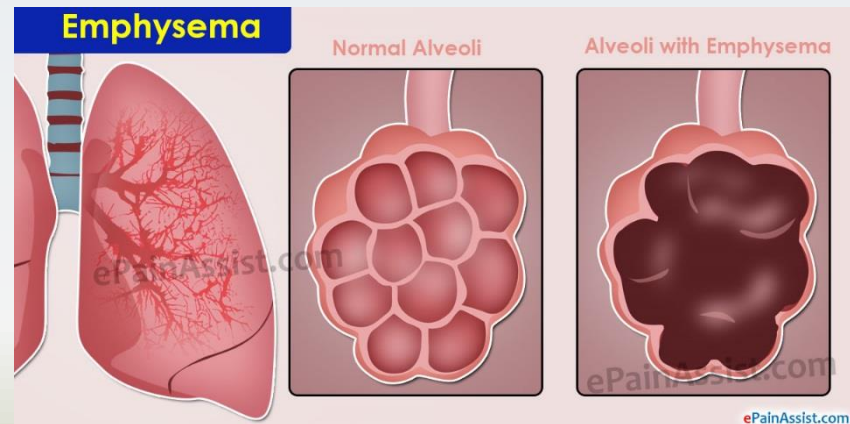


- Heart failure
- Increased blood pressure
- Increased weight – **reduced sport performance**
- Liver disease/cancer
- Loss of co-ordination and concentration - **reduced sport performance... especially in sports that require a good reaction time**

# Smoking

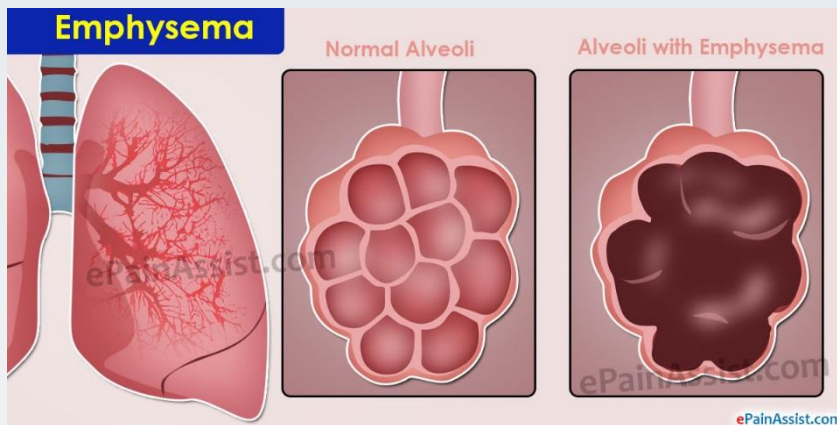


- Strokes
- Bronchitis
- Heart disease
- Blood clots
- Lung cancer
- Emphysema



# How can smoking impact a long distance runner?

- Causes breathlessness
- Reduces oxygen-carrying capacity



**Gaseous  
exchange  
happens  
here!**

# Deviance

Consequences of deviancy and negative behaviour in sport can range from:

- **Short bans,**
- **Fines,**
- **Disciplinary panels/court hearings**
- **Jail or lifetime bans**

depending on the severity of the offence.





# Sportsmanship and gamesmanship

Sportsmanship (etiquette) is a set of unwritten rules or code of behaviour that a player stands by when competing



Each sport has its own code of behaviour and 'sportsmanship gestures'.

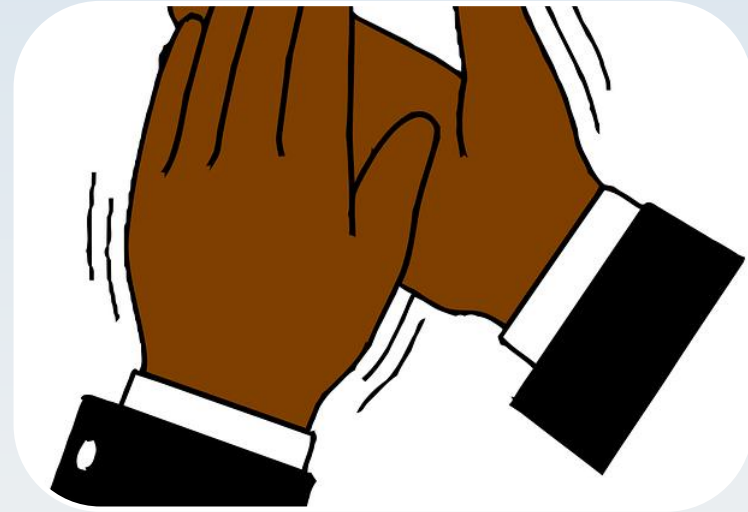


# Sportsmanship and gamesmanship

There are places or times in a game situation or competition when sporting gestures are expected to take place.



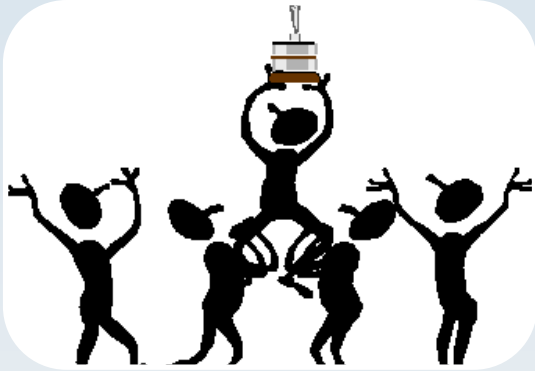
**After an injury in football** - The ball is kicked out after an injury occurs to a player. The ball is then thrown back.



**Respect in rugby** – After a match both teams form a ‘tunnel’ and clap each other off.



# Sportsmanship and gamesmanship



## **With success –**

Even as a winning team players should be gracious. Shaking hands is an offer of commiseration.



## **After a defeat –**

Even after losing a match player should shake hands and show mutual respect.



## **Conduct of players and Officials –**

At all times player and referees are expected to control their behaviour.



# Sportsmanship and gamesmanship

In recent years there has been a huge **decline in sportsmanship**. This is for the following reasons:

- A large emphasis on winning.
- Monetary rewards (increased wages & potential sponsorship deals).
- Media hype up events and rivalries.



# Sportsmanship and gamesmanship

Sportsmanship can be **promoted and increased through:**

- Introducing fair play schemes and campaigns.
- Highlighting positive role models.
- Better quality officials and use of technology.
- Punishment for negative behaviour.



## Classification of skills

Open – Closed  
Simple – Complex  
Low organised – High organised

## Types of practice

Varied  
Massed  
Distributed  
Fixed

## Types of guidance

Manual  
Mechanical  
Verbal  
Visual

## Types of feedback

Concurrent  
Terminal  
Extrinsic  
Intrinsic

LO: To re-cap mental rehearsal and carbo-loading

